

# Clinic visit planning form

UCare recommends that you fill out as much of this form as possible before you go to your doctor. Take this form with you to your visit and discuss it with your doctor.

## Important phone numbers

Primary care clinic:	Phone #
Primary provider:	Phone #
Heart doctor:	Phone #
Diabetes doctor:	Phone #
Kidney doctor:	Phone #
Eye doctor:	Phone #
Pharmacy:	Phone #
Power of attorney (POA)/ Authorized representative:	Phone #
Case manager/Care coordinator:	Phone #
Other:	Phone #

In addition to this form, be sure to bring the following things with you to your visit:

- Your current medication list and **medications in a bag**. Include all over-the-counter and herbal medications and/or supplements.
- Any logs or records you use to record your weight, blood pressure, or blood sugar levels, *if applicable*.
- Your emergency room (ER)/hospital discharge instruction sheet, *if this is a follow-up to an ER visit or a hospitalization*.
- Any questions or concerns you may have for your doctor.

**Write down your questions or concerns for your doctor in advance:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_